



Dr K. C Raghu is a food technologist by profession. He has worked with CFTRI, Mysore as a scientist. He is the founder of Pristine Organics, an organic food company in Bangalore. He is also the founder editor of Food and Nutrition, an international magazine. Currently he writes a weekly column on science and food for Vijay Karnataka, in Bengaluru. He is a voracious reader with deep interest in philosophy, science and social science. He has presented scientific and non scientific papers at national and international seminars and symposium.



Sreedevi Lakshmikutty is a Food Activist. She works on food and sustainable agriculture policies nationally. She is a member of Thanal and a consultant with the Save our Rice Campaign. She writes regularly for various magazines and newsletters and she edits PADDY, a quarterly newsletter published by Save our Rice Campaign. She has an M.A. in Sociology from the U.S. She has a wide ranging experience of work with various groups in US & Europe. She now lives in Coimbatore and supports various organizations who work on food and agriculture. She is also one of the co-founders of Urban Leaves, an urban farming movement in Mumbai. She is alumni of Government college for Women Thiruvananthapuram.

Organic Bazaar.

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Women Study Unit
&
Human Rights Forum
Govt. College for Women
Thiruvananthapuram



EMPOWERING WOMEN ON
SAFE FOOD & NUTRITION
Know YOUR FOOD

An interactive Session with
Dr. K.C. Reghu
Food Technologist, Pristine Organics

Sreedevi Lekshmikutty
Food Activist and Farmer

At
Seminar Hall
Govt. College for Women
Vazhuthacaud, Thiruvananthapuram

20th Jan 2014
12:30 pm to 03:30 pm



"Know your Food "

Food is something fundamental to our survival. Food is also very important in ensuring a healthy life. So it is very important that we should have a thorough understanding about food so that as a consumer we can choose real good food for us and our families. Majority of us living in Kerala are consumers and are dependent on markets for our food. With the taking over of our food by the industry and by the colourful packaging and advertisements, we are misled by a choice of wrong and sometimes dangerous food. Studies and media reports also show that the many food which we buy from our markets all carry residues of toxic pesticides and are also adulterated. In the developed countries it has created a lot of health problems and many of the modern chronic diseases are said to be caused by wrong food. Kerala is also similar in many ways. Food is also indirectly linked to our culture and the natural environment surrounding us. But this linkage has also been totally ignored. So getting educated on food, nutrition and health is very important for all of us, particularly youngsters.

We hope this seminar will generate a new interest among students and young consumers about our Food, Nutrition and health.

Do make sure that you register for the Seminar and be there in time.

Programme

12.30pm

- Welcome
Dr.R.Lekshmy
*Assistant Professor,
Dept of Philosophy &
Convenor- Humanrights forum,
Govt. College for women,
Thiruvananthapuram.*

12.35 pm

- Introducing the speakers
Sangeetha .V
Development Coordinator, Thanal

12.40pm

- **Dr. K.C.Reghu**
Food,Culture,Nature...
Reconnecting the dots.

2.10pm

- Interactive Session

2.40pm

- **Sreedevi Lakshmikutty**
**How Local, Seasonal and
Sustainable is our food?**

3.10pm

- Interactive Session

3.30 pm

- Vote of Thanks
Dr. Sithara Balan V.
*Assistant Professor,
Dept. of Home Science &
Asst. Convenor- Women Study Unit
Govt. College for women,
Thiruvananthapuram*